

**INTERNATIONAL JOURNAL OF CURRENT RESEARCH IN  
CHEMISTRY AND PHARMACEUTICAL SCIENCES**

(p-ISSN: 2348-5213; e-ISSN: 2348-5221)

[www.ijcrpcps.com](http://www.ijcrpcps.com)

DOI:10.22192/ijcrpcps

Coden: IJCROO(USA)

Volume 4, Issue 6 - 2017

**Review Article**



DOI: <http://dx.doi.org/10.22192/ijcrpcps.2017.04.06.011>

**A Review article on medicinal herbs in Siddha medicine  
for Gynaecological disorder**

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**Abstract**

Plants are nature's gift to human society to make disease free healthy life. More than thousand herbs are recognized in our country. All parts of the plants are used as medicine. Plants produce variety of chemical substance. These substances act on human body. Nowadays gynaecological disorder is most common in women. In Siddha system, gynaecological disorder is compared to soothaga noigal. In this article, the herbs which are helpful in treating gynecological disease(soothaga noigal) is reviewed.

**Keywords:** herbs, siddha, soothaga noi, gynaecology.

**Introduction**

The siddha science is a traditional treatment system generated from Dravidian culture. The incidence of gynecological problem is very common in world. The uterine problem is very ancient and these problem are found in all parts of the reproductive system .The main gynecological problem amenorrhea, ovarian cyst and polycystic ovarian disease. Following herbs were used for emmenagogue action.

**Literature Review**

**Kariabolam:**

**English Name:** Small Aloe

**Botanical Name:** Aloe littoralis

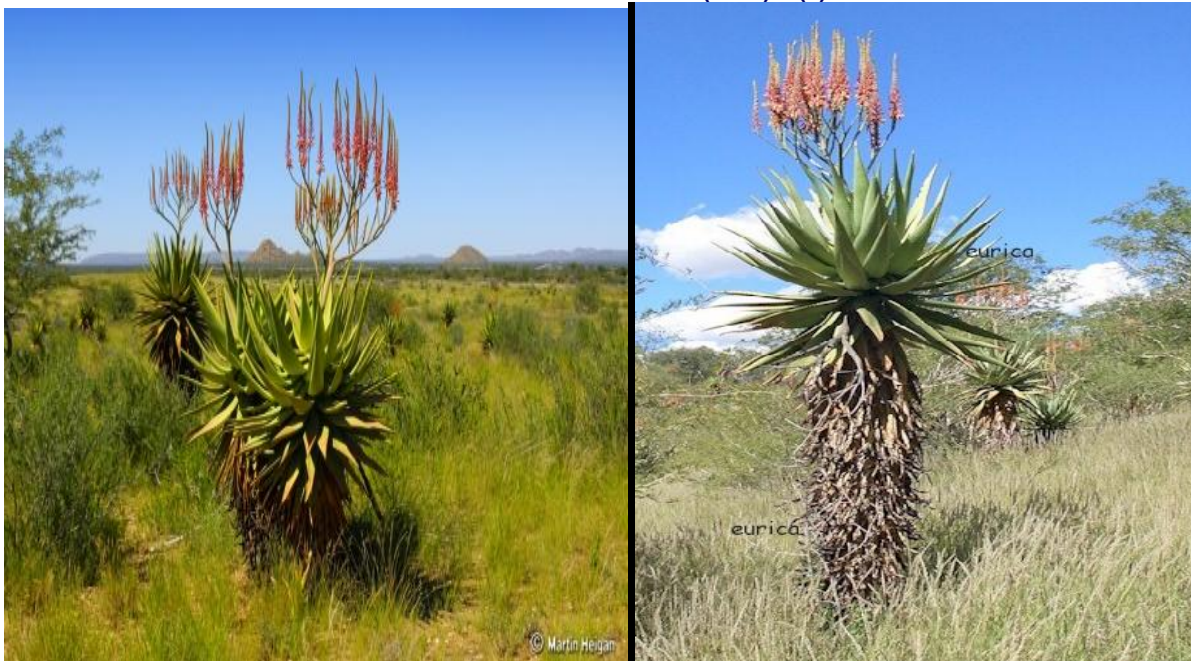
**Family Name:** Asphodelaceae

**Other Names:** Moosambaram, Sannisayagam, Raththa bolam

**Action<sup>\*</sup>:** Emmenagogue, Tonic, Stimulant, Stomachic, Cathartic.

**Chemical constituents<sup>\*\*</sup>:** Aloin, resin 30 to 50 p.c volatile oil and ash 1 p.c also aloetic and chrysamic acids. Aloin is a neutral active principle obtained by digesting aloes in alcohol, boiling, filtering and crystallizing.

**Uses:** Decoction of this roots regulates mensus.



### Kunkumappu:

**English Name:** Saffron

**Botanical Name:** *Crocus sativus*

**Family Name:** Iridaceae

**Other Names:** Nallalpu, kasmeram, kunkumappu

**Action\*:** Emmenagogue, Stimulant, Stomachic, Anodyne, Anti spasmodic.

**Chemical constituents\*\*:** Three crystalline colouring matters a – crocetin constitutes 0.7 % of saffron. B-crocetin constitutes 0.7% Saffron and y – crocetin constitutes 0.3% . A Volatile fatty oil, 8 to 13.4% , crocin-a glucoside soluble slightly in water, freely in alkaline solution and alcohol, and forming 65% of polycrocin which is the colouring matter, picrocrocetin, wax, proteids, fixed essential 1-37 p.c oil, mucilage, sugar , ash 5 P.C and moisture 12 p.c.

**Uses:** Kunkumappu cures amenorrhoea when taken along with betel leaf.





### Karunjeerakam:

**Tamil Name:** Karunjeerakam

**Botanical Name:** Nigella sativa

**Family Name:** Ranunculaceae

**Others Name:** Aranam, upakungikai

**Action\*:** Emmenagogue, Carminative, Diuretic, Galactagogue, Anthelmintic, Stomachic, Parasiticide, Emollient.



**Chemical constituents\*\*:** Seeds contain a yellowish volatile oil 1.5 pc and a fixed oil 37.5 pc, essential oil, albumen, sugar mucilage, organic acids, metarbin, toxic glucosides, melanthin, resembling helleborin, ash 5 p.c moisture and Arabic acid volatile oil is the active constituent. It consists of 1. Carvone 45 to 60 p.c an unsaturated ketone 2. Terpene or dlimonene also called carvene and 3. Cymene.

**Uses:** 1-3 gram of its powder cures ammenorrhoea.



### Perungayam:

**English Name:** Asafoetida

**Botanical Name:** Ferula asafetida

**Family Name:** Umbellifers

**Other Names:** Aththyagiragam, ingu, ranam, ramadam, ganthi, kayam, santhunasam, puthanasam, valligam

**Action\*:** Emmenagogue, Stimulant, Carminative, Antispasmodic, Expectorant, Laxative, Anthelmintic, Diuretic, Aphrodisiac.

**Chemical constituents\*\*:** Organic sulphur compound volatile oil 5 P.C containing essential oil of garlic – allyl, allyl persulphide and two turpenes : a resin 65 pc, a ferulic acid ester of asaresion – tannol : free ferulic acid gum 25 p.c and ash 4 p.c also malic, acetic, formic and valerianic acids. Resin on dry distillation yields umbelliferon which is not found in the Indian variety. When fused with potash it yields resorcin and pyrocatachuric acid.

**Uses:** Ammenorrhoea can be treated when perungayam is taken along with the valendrabolam and pepper.





#### Valendrabolam:

**English Name:** Myrrh

**Botanical Name:** Commiphora myrrha

**Family Name:** Burseraceae

**Other Names:** Kungumathepam, kunthuru, vellaipollam, vellathipollam, meeru

**Action\*:** Emmenagogue, Stimulant, Expectorant, Stomachic, Carminative.

**Chemical constituents\*\*:** A volatile essential oil called myrrhol, an oxygenated ethereal assential oil 5 to 10%, resin – myrrh in 27 to 50% which by fusion becomes converted in to myrrhic acid, gum 30 to 60% bitter principle - a glucoside salts as calcium phosphate and carbonate etc . The essential oil contains cumic aldehyde phenols like eugenol and meta - cresol, pinene , di –pentene and limonene.

**Uses:** ½ -1 gram of the powder cures ammenorrhoea





**Malai vembu:**

**English Name:** Common bead tree

**Botanical Name:** Melia azedarach

**Family Name:** Meliaceae

**Action\*:** Emmenagogue, Anthelmintic, Cathartic, Antilithic, Diuretic, Emetic.

**Chemical constituents\*\*:** Active principle is a light yellow non - crystalline, bitter, resinous substance without alkaloidal properties. Sugar is present and tannin occurs in the outer portion of bark. Activity resides in the liber or inner bark.



**Aruvada:**

**English Name:** Garden rue

**Botanical Name:** Ruta chalepensis

**Family Name:** Rutaceae

**Others Name:** Arvatha, chathppu

**Action\*:** Emmenagogue, Antispasmodic, Carminative, Stimulant, Anti helmintic, Rubefacient, Tonic.

**Chemical constituents\*\*:** Glucoside, rutin, essential oil.





**Aadutheenda paalai:**

**English Name:** Worm- killer

**Botanical Name:** Aristolochia bracteolate

**Family Name:** Aristolochiaceae

**Other Names:** Aaduthinnapaalai, aduthodapaalai, pangampaalai

**Action\*:** Emmenagogue, Anthelmintic, Stimulant, Tonic, Purgative, Alterative, Antiperiodic.

**Chemical constituents\*\*:** A nauseous volatile substance; an alkaloid and salts, especially potassium chloride.



**Kaliyana murukku:**

**English Name:** Indian coral tree

**Botanical Name:** Erythrina variegata

**Family Name:** Fabaceae

**Other Names:** Mullmurruku, kinjugam

**Action\*:** Emmenagogue, Antibilious, Expectorant, Febrifuge, Anthelmintic, Laxative, Diuretic, Galactagogue.

**Chemical constituents\*\*:** Bark contains two resins and a bitter poisonous alkaloid erytherine which exists in the leaves also.





**Kunthirikkam:**

**English Name:** Resin of olibanum

**Botanical Name:** Boswellia serrata

**Family Name:** Burseraceae

**Other Names:** Kunthurukkam, kunthiligam, kumaijan, narumpesin, parankisampirani

**Action\*:** Emmenagogue, Stomachic, Diaphoretic, Astringent, Refrigerant, Diuretic, Expectorant

**Chemical constituents\*\*:** Essential oil.



**Chanappu:**

**English Name:** Bengal hemp

**Botanical Name:** Crotalaria juncea

**Family Name:** Fabaceae

**Other Names:** Cannal

**Action\*:** Emmenagogue, Purgative, Emetic.

**Chemical constituents\*\*:** Leaves contain an abundance of mucilage a little solid fat, and a resin soluble in ether

**Uses:** Properly prepared decoction of its leaves cures ammenorrhoea.

**Dose –** 1/8 – ¼ aazhackku bid.



**Chathakuppai:**

**English Name:** The dill, gardendill

**Botanical Name:** Anethum graveolens

**Family Name:** Apiaceae

**Other Names:** Choeigeerai vithai, mathurigai

**Action\*:** Emmenagogue, Carminative, Deobstruent, Diuretic, Stimulant, Stomachic, Antispasmodic.

**Chemical constituents\*\*:** Dried ripple dill fruit contains a volatile oil 3 to P.C and fixed oil. The volatile oil is composed of anethine phellandrene, and dlimonene, and apiol termed dill apiol, also carvol and another hydrocarbon.

**Uses:** Leaves can be used to treat ammenorrhoea.



**Conclusion**

There is a vast array of information available on traditionally used herbs to treat gynaecological problem. The focus of this review is emmenagogue plants, which is used in gynaecological disorder.

**Acknowledgments**

The author wish to thank Dr. S. Victoria M.D(s)., H.O.D, Dept. of Noi Nadal, GSMC, Palayamkottai and Dr. S. Sundararajan M.D(s)., Asst. Lecturer, GSMC, Palayamkottai and Dr. A. Subernadevi M.D(s).

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Access this Article in Online	
	Website: <a href="http://www.ijcrcps.com">www.ijcrcps.com</a>
	Subject: <a href="#">Siddha Medicine</a>
Quick Response Code	
DOI: <a href="https://doi.org/10.22192/ijcrcps.2017.04.06.011">10.22192/ijcrcps.2017.04.06.011</a>	

How to cite this article:

R. Devi, M. Subhathra, V. Phuranee, L. Poonkuzhali, M. Thivya, S. Victoria. (2017). A Review article on medicinal herbs in Siddha medicine for Gynaecological disorder. Int. J. Curr. Res. Chem. Pharm. Sci. 4(6): 58-66.

DOI: <http://dx.doi.org/10.22192/ijcrcps.2017.04.06.011>